

Lifeguard Training



West Valley City
Family Fitness Center
5415 W. 3100 S.
955-4000

Lifeguard Training

Prerequisites: Attend and participate in all sessions. **Minimum age of 15 years (by the end of the course showing proof with a Birth Certificate).** Swim 300 yards continuously (100 yards freestyle breathing to the side, 100 yards breaststroke, 100 yards any combination of freestyle and breaststroke), timed swim 20 yards, do a surface dive, retrieve a 10 lb. brick from 7 feet of water and swim brick back to start using both hands to support the brick. Certification not guaranteed.

Course Fee

Members: \$140.00* Non-Members: \$150.00*

*fee includes eBook and pocket mask

(\$10 due at time of signing up to hold spot in class; non-refundable –will be included in course fee.)

| <u>Session:</u> | <u>Dates:</u> | <u>Days:</u> | <u>Times:</u> |
|-----------------|-------------------|--------------|---------------|
| Spring 1 | March 18-March 29 | M/W/F | 6pm-10pm |
| Spring 2 | April 8-April 19 | M/W/F | 6pm-10pm |
| Spring 3 | May 6-May 17 | M/W/F | 6pm-10pm |

Fast Track:

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| Spring 1 | April 1– April 5th | M-F | 3pm-10pm |
| Summer 1 | May 20-May 27 | M-F | 5pm-10pm |



Questions? Call Carly (801) 955-4029

